



## November 2015 • Monthly Newsletter of the Royal Oak Seniors

### MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

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**Monthly Matinee** *See film synopsis on Page 6*  
at 12:30 pm on the Center's big screen

**Friday, Nov 13th**

**Friday, Nov 20th**

**Kerry Price on Piano**  
**"Food, Glorious Food"**

**12:30 pm**

**Friday, Nov 6th**

**First Friday BINGO**

**1:00 pm**

**Thurs, Nov 12th**

**Paint Class Art Show**

**9:15 - 11:45 am**

See what our talented Art Students have been up to!  
You will be amazed at the talent displayed.

**Monday, Nov 16th**

**Seminar**

**10:00 am**

Beaumont Seminar on Lung Cancer

**Wed, Nov 18th**

**Hand Knit Sale**

**10:00 am to 3:00 pm**

Helping Hands ***One Day Fundraiser Sale*** - Knit/Crocheted Goods!

**The MCBB "Horns & Dogs" performance on  
Sunday, September 20th was a truly enjoyable event  
made possible through these generous sponsors:**

**Miners Den Jewelers**  
3417 Rochester Rd.

**Patrick F Lyons, O.D.**  
817 N. Main St.

**Red Door Realty**  
601 N. Main St.

**Royal Oak House**  
1900 N. Washington

**SUNOCO 13/Crooks**  
3224 Crooks Rd.

**Tania Pizza**  
3204 Crooks Rd.

**TCF Bank**  
1811 Crooks Rd.

**Two Women & a Hoe**  
624 Detroit Ave.

**The Studio Hair Care**  
By Appt 248-515-4161

**House on Main**  
803 N. Main St.

**Lily's Seafood**  
410 S. Washington

**Hermann's Bakery**  
317 S. Main St.

**A Dependable Maytag  
Home Appliance Ctr**  
3225 Rochester Rd.

**American Heating, Inc.**  
805 N. Edgeworth

**Dynamic Flowers**  
3221 N. Main St.

**Frentz & Sons Hdwe.**  
1010 N. Main St.

**Ladybug Shop**  
23 Catalpa Dr.

**Horizon Counseling**  
2001 Crooks Rd.

**Jordan Tracey/State Farm Agency**  
1723 W. 14 Mile Rd.

**Jeff Dawkins Architect, LLC**  
2585 W. Maple Rd.

**Van Every Family Chiropractic**  
4203 Rochester Rd.

**Woodward Veterinary Home Care**  
3324 Garden Ave.

\*\*\* **EXTENDED TRAVEL** \*\*\*

<b><u>Little River Casino/Shoreline Tours</u></b>	<b>November 1 - 2 \$229 dbl/pp.</b>
<b><u>California Dreamin'/Bianco Tours</u></b>	<b>November 2 - 9 \$2,285 DBL/pp. ✈️</b>
<b><u>New York Holiday/Bianco Tours</u></b>	<b>November 30 - December 4 \$1,109 dbl/pp.</b>
<b><u>Holiday Festival of Lights - Oglebay Resort/Rybicki Tours</u></b>	<b>December 1 - 3 \$499 dbl/pp.</b>
<b><u>Florida Vacation/Shoreline Tours</u></b>	<b>January 21 - February 3 \$2,399 dbl/pp.</b>
<b><u>California Coast/Shoreline Tours</u></b>	<b>February 18 - 25 \$2,799 pp/dbl</b>
<b><u>Philly Flower Show/Bianco Tours</u></b>	<b>March 9 - 12 \$609 pp/dbl</b>

\*\*\* **DAY TRIPS** \*\*\***Detroit Symphony Orchestra****CLASSICAL Coffee Concerts**

**Fridays, 9:15 am- 1:30 pm**  
**\$31 per concert/ Mid Balcony**

- December 11: Mozart & Beethoven
- January 22: Bolero
- April 22: The Planets by Holst

**POPS Coffee Concerts**

**9:15 am - 1:30 pm Dress Circle**

- |             |      |                               |
|-------------|------|-------------------------------|
| November 25 | \$49 | Doc Severinson                |
| March 11    | \$49 | St. Patrick's Day Celebration |
| June 10     | \$49 | John Williams' Favorites      |

**Soaring Eagle – Shippshewana on the Road/Bianco Tours** **Sun, Nov 8, 2015 8:45 am - 6:15 pm**  
 Vendors from the nationally famous Indiana flea market bring their furniture, crafts, toys, home décor, hand-made jewelry, clothing, homemade jams, cookies, and much more to the showroom in the casino; the cost is \$4 at the door. Receive a \$10 coin coupon and \$5 food voucher good at the casino! Cost includes transportation via motor coach. **\$43 T1011F**

**Shopping Trip to Great Lakes Crossing** **Friday, November 20, 2015 9:30 am – 2:30 pm**  
 Hop on the bus and check out the Christmas displays at the best Outlet Mall around. Enjoy lunch, catch a movie, do some people-watching and SHOP TILL YOU DROP! Cost includes transportation via Senior Bus. **\$6 T1016F**

IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE. A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS. SIGN UP EARLY OR THE TRIP MAY BE CANCELLED. FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELLED BY US OR THE TRAVEL AGENT.

*Day Trips continued on Page 15*



**Restaurant of the Month** - **Grape Leaves**, Tues, Nov. 24 12:15 - 2:00 pm  
 (Lunch is on your own, Avg. \$14), "We promise you that our food is always fresh, healthy and delicious. Our entrees are always the result of what you should expect from a restaurant: attractively presented renditions of classic, satisfying Lebanese dishes, deliciously spiced by a skilled and generous hand." Join us for a delicious Middle-Eastern lunch this month. Cost includes transportation via Senior Bus. **\$4 T1035F**

**Mahany/Meininger  
Senior Community Center**  
**3500 Marais**  
**Royal Oak, MI 48073**  
 (1 block North of 13 Mile Rd.,  
 between Main & Crooks)  
**Phone: (248) 246-3900**  
**Fax: (248) 246-3901**

**Salter Community Center**  
**1545 E. Lincoln,**  
**Royal Oak 48067**  
 (10½ Mile Rd, 1 block West  
 of Campbell Rd.)  
**Phone: (248) 246-3180**  
**Fax: (248) 246-3007**

**Monday - Friday**  
**9:00 am - 4:30 pm**

**Senior Citizen Coordinator**  
 Paige Gembariski

**Outreach Administrator**  
 Carolyn Marsh

**Sr. Recreation Specialist**  
 Barbara Harris

**R.O.S.E.S.**  
 Pam Steinmetz  
 Dorothy LaSure

**Typist/Clerk**  
 Susan Mutschler

**Van Transportation**  
 Phone: (248) 246-3914  
 Monday - Friday  
 9:30 am - 12:30 pm  
 Carol Haubert, Dispatcher  
 Cathy Cricelli, Dispatcher

### **Gentle Reminder**

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.



### **Tim's Kitchen**

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (at least 1 day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

**\*Carry-outs available \$3.50\***  
**Meals for Homebound Residents**

### **Medical Equipment Loan Closet**

The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted.

Please call (248) 246-3900 prior to bringing in equipment you no longer need.

### **NOTABLE FOLKS . . .**

#### **A Very Special Thanks to**

Bob Hilton  
 Dorothy Huff  
 Marti Lewis  
 Jean Neimeyer  
 Mary Rubin  
 Joann Shintaku  
 Sharon  
 Ray Wangler

for contributions to Tim's Kitchen, to help keep our lunch program continuing.

\*\*\*\*\*

### **EUCHRE PLAYERS**

**Sept 17th Susan Kuhn**  
**Sept 24 Rick Holdaway**  
**Oct 1st Russ Stascke**  
**Oct 8th Richard Pickens**

***Well Played  
Euchre Players!***

\*\*\*\*\*

### **MONTHLY POOL TOURNAMENT WINNERS**

**October 12th, 2015**

**1st Place: Cliff Alvira**  
**2nd Place: Tim Fields**  
**3rd Place: Bob Hilton**

***Congratulations!***

**Welcome Newcomers!****Monday, Nov. 2 10:30 am**

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

**Mah-Jongg Drop-In****Wednesdays 9:30-12 pm****Fridays 1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

**Drop-In Cards****Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

**\$1 12:15 pm****Pinochle Tuesdays**

Drop in for pinochle, meet new friends. **\$1 12:30 pm**

**Duplicate Bridge Weds.**

Drop in with a partner to play duplicate bridge.

**\$2 12:30 pm****Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

**\$1.00 12:30 pm****Handbells****Fridays Sept 11 - Dec 25 12:45 pm**

Experience the fun of ringing handbells with a group. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. The best time to join the group is in early September to learn the music which will be performed in November and December, or in January for performance from late April to mid-July. Previous ringing experience not necessary, but background with music reading skills is helpful. **\$25/16 wks C1040f**

**Creative Coloring  
for Grown Ups****November 2nd & 23rd****Mondays, 10:30 - 11:30 am**

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

**Star-Grabbers****Amateur Astronomy Group****2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 10 am**

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

**Helping Hands****Tues & Thurs 9:30 am**

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed. Drop off yarn on the days the group meets*

**Senior Quilting****Tuesdays 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

**Sit 'n' Knit****Tuesdays 1:00 pm**

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced

**Crochet Creations****Thursdays 12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

**NEW NEW NEW\*****BINGO - First Fridays****November 6th 1:00 pm**  
**Turkey Bingo! Try Your Luck**

BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

**Computer Club****Wednesdays 12:30 pm**

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

Nov 4	Tom Allen
Nov 11	Larry Kulp
Nov 18	Rodger Gach Q & A
Nov 25	Jack Vanders

**Ask the Computer Lady!****Tues, Sept. 1 - Dec 15****9:15 - 9:45 am C1081F****12:45 - 1:15 pm C1082F**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/ 30 minutes OR \$35/one hour C1087sp**

**Laptop Computer Classes****Tues. 10:00 am Nov 3 - 24**

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks. C1088fa**

**"Get" Your Gadget"****Tues, 9/29 - 12/15 11:15 - noon**

This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **(3) 45-min One-on-One class 248-246-3900 \$60/C1080 fa**



**Hearing Tests/Cleaning****Hearing Aids****Tues., Nov 10 1:00 pm**

**Zounds!** will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900. **Next opportunity will be in January 2016.**

**Foot Doctors****Weds., Nov 11th 9 - 11 am**

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

**Financial Aide****Thurs., Nov 19th 10:00 am**

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

**Focus on the News****1st & 3rd Tues. 10:30 am**

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

**Brain Neurobics****Monday, December 7 10:30 am**

Presented by Waltonwood. Give your brain a work-out! Learn simple mental exercises, fun crafts, puzzles and word games you can do to strengthen connections between both brain halves. **RSVP (248) 549-6400**

**Stipple Drawing****Fri, 9:15 - 11:45 am:10/30-12/18**

Mike Byrne will teach a technique using only dots applied with a pen or brush in a single color. Supply list given at registration. **\$48/7 wks**  
*No class Nov 27th.*

**Painting - All Media****Thurs Oct 29 - Dec 17 9:15 am**

Mike Byrne instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list is given at sign-up. Pre-registration, **C1091 \$48/7 wks** *No class Nov 26th.*

**Helping Hands Fund Raiser****Weds, Nov 18 10 am - 3 pm**

Beautiful and unique knitted and crocheted "one-of-a-kind" items for sale. **Afghans, Lap Blankets, Hats and Scarves.** Something unique for everyone on your Gift List! *Proceeds from this sale help support Tim's Kitchen Lunch Program at the M/M Senior Center.*

**\* Monthly Matinee \*****Friday, Nov 13th 12:30 pm****Hachi - A Dog's Tale***Richard Gere & Joan Allen*

A drama based on the true story of a college professor's bond with the abandoned dog he takes into his home. *Rated G: family fare.*

**Friday, November 27th**

**No matinee** - the Center will be closed for Thanksgiving

Suggestions for movies and donations are welcome!

**PLEASE CALL AHEAD FOR  
MOVIE AVAILABILITY!**

**\*Kerry Price On Piano****Fri., Nov 20th 12:30 pm****"Food Glorious Food"**

**\$2 per program** Payable at the door

**Seminar****Monday, Nov 16th 10:00 am**

**Lung Cancer** Presenter: Dr. Robert Welsh of Beaumont Health System. Learn how the coordinated care offered by Beaumont Health System, (experts in radiation oncology, medical and surgical oncology) is constantly updated as research reveals new approaches to therapy. Survival rates for lung cancer patients treated at Beaumont Hospitals are higher than the national average. *Deadline is Nov. 12.*

**Lunch & Learns 11:30 am -***Preregistration Required*

Lunch is provided from Tim's Kitchen for all who register by the deadline: call (248) 246-3900. (*space is limited*) Our presentations require attendance; failure to attend two "Lunch & Learns" for which you registered will block you from signing up for additional workshops in the year.

**Nov 2nd: Navigating Over and Done, with Veterans Benefits for Home Health Care.**

Presenter, Home Care Assistance, a division of Lutheran Social Services. Presenting on Veterans Assistance Aide and Attendance benefit. Discussion: What it is, who it is for, and how to apply. Speaker Karen Bhagwat, BSN will also discuss a unique program offered through HCA. *Deadline Oct 29*

**Nov 10: Family Love Letter: Information in a Time of Confusion**

Presenters: David Trimble & Tom VanDoorne. Join AxA Advisors for a lunch workshop. Learn what information is critical at a time of confusion. Workshop includes a description of wills, trusts, and power of attorney. *Deadline Nov 5th.*

**Nov 17: Long Term Care Situations in Retirement.**

Presenters: David Trimble & TomVanDoorne. Join AxA Advisors for long term care situations, including Medicaid. This workshop discusses pre-planning and crisis planning; with an in-depth discussion on the Veteran's Aid and Attendance benefit. *Deadline is Nov 12.*

**Dec 1: - Caring for the Care-giver.**

Presenter: Libby Carpenter of Right at Home In-Home Care & Assistance. Join this Home Health Care Specialist to hear useful techniques on how to care for YOURSELF, while caring for your loved one. A1000 *Deadline is Nov 25.*

**Dec 8: Pain Pain Go Away!**

Presenter: HealthQuest to learn about effective strategies for Pain Relief while taking your life back. A1033F *Deadline is Dec 3.*

**Chair Yoga Exercises (DVD)****Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

**Silver Foxes****Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

**Sit-Down and Tone-Up****Tues & Thurs 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. Video workout, free!

**Round Dance****Weds. (Beginners) 2:30 - 4:30pm****Thursdays 1:00 pm**

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

**Intermediate Line Dancing****Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. *NO BOOTS!*

**Drop-In Ballroom Dance Class****Mondays 1:00 pm**

Join instructor **Bill Scheff** Monday afternoons to learn all the footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$5.**

**Massage Therapy****Thursday & Friday, November 19th & 20th by Appt**

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides **35-min massage sessions for \$30, or 75-min sessions for \$60.**

**Tai Chi Basic & Chen Style****Thurs, Sept 17 - Dec 17 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$72/12 C1003F**

**Kuratomi Stretching****Weds Nov 18 - Dec 16 10:30 am**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. Students can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. **\$40/5 wks C1011FA**

**Gentle Yoga \$27/6 wks****Monday, 11/9 - 12/14****9:15 am (C1031) 1:00 pm (C1032)****Thursday, 11/12 - 12/7****1:00 PM (C1034)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. *No class 11/26/15.*

**Water Aerobics****Weds., Nov 4 - Dec 23 8:30 am**

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1035FA**

**Aqua Zumba****Thurs, Nov 5 - Dec 17 8:30 am**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: *No Class 11/26.* **\$27/6 wks C1036FA**

**3Zumba Gold****Fri, Nov 13 - Dec 18 10:20 am**

Low impact aerobic workout. Some chair work. Great music and fun **\$25/5 wks C1009FA** Drop-ins **\$7/class. No Class 11/27/15.**

**Chair Exercise with Cindy****Friday, Oct 16 - Nov 20 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 C1026FA**

**Healthy Back Class****Wed, Oct 14- Nov 18 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 C1018FA**

**Yoga****Tues, Oct 27 - Dec 15 12:45 pm**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. **\$36/8 weeks C1012FA**

**Chair Yoga****Wednesday, 12:30 pm****Oct 14 - Nov 18 \$25/6 C1021FA****Friday, 11:30 am****Oct 16 - Nov 20 \$25/6 C1024FA**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

**Pilates/Core Body conditioning****Mon, Nov 9 - Dec 28 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor **Cheryl Baugh, ACSM** **\$36/8 wks - C1007FA**

## **SUPPORT GROUPS**

### **Alzheimer's Support Group**

**Monday, November 23 10 am**

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

### **Aphasia Support Group**

**Thursdays 10 am**

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

### **Deaf Assistance Group**

**Wednesdays 9 am**

Our Center welcomes deaf adults for socialization each Wednesday.

### **Legal Aid**

**3<sup>rd</sup> Thursday, November 18 1 pm**

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

### **P.A.L. (Positive Attitude Living)**

**Fridays 10:30 am**

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

## **Royal Oak Seniors Resource Center**

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly

## **LOOKING FOR A FEW GOOD VOLUNTEERS!**

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

## **TRANSPORTATION**

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

## **OUTREACH**

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

## **ADJACENT GENERATIONAL EXCHANGE (A.G.E.)**

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers..



**NEEDED: Tax Aide Volunteers**

The AARP Tax-Aide Program is a national volunteer program sponsored by the IRS and the AARP, in partnership with Community Centers. Are numbers your thing? A technology wizard? Organized to a fault? A People Person? Volunteers will receive training in tax law, tax return preparation and IRS tax software during January 2016 training for the tax season starting in February. Contact Chuck Raeder, AARP District Coordinator at (248) 885-8963 or [craeder@comcast.net](mailto:craeder@comcast.net)

- **Help Wanted -**

The R.O.S.E.S. Program - 2015  
(Royal Oak Senior Essential Services)

is looking for able-bodied persons with good work ethic and home maintenance skills to register for the following programs:

- **Home Chores:**

Snow shoveling, Yard Work, Housework and gutter cleaning (1st level)

- **Home Repairs:**

Painting, minor plumbing, carpentry and minor Electrical work. (Work of a scope that does not require a licensed contractor.)

All workers will be required to complete an application, and be subject to a background check.

Please visit the Mahany/Meininger Senior Community Center (3500 Marais) Mon - Fri, 9:00 am - 4:30 pm or call (248) 246-3918 for more information.



**Holiday Magic Parade**  
**Sunday, November 22**  
**2:00 pm**

Starts on Washington at Lincoln, travels north on Washington to Fourth St., then west to Lafayette Ave.

**Royal Oak Schools****November 2015 Activities**

**Board of Education Meeting**      **800 DeVillen**  
**Thursday, November 12**      **7:00 pm**

**ATHLETICS - Royal Oak High School****Girls Varsity Basketball**

Monday, Nov 30, 7:00 pm

vs. Walled Lake Northern HS

**PERFORMING ARTS - RO High School****Crazy For You - Fall Musical**

Fri Nov 13 & Sat Nov 14 at 7:00 pm;

Sun, Nov 15 at 2:00 pm

\$11 adults/ \$6 students

**ROHS Winter Band Concert**

Thurs,, December 3rd 7 - 10 PM

**ROHS Winter Orchestra Concert**

Fri, December 4th 7 - 10 pm

**Evening Recreational Swim**

**September 10, 2015 - March 3, 2016**

**RO Middle School 709 N. Washington.**

Family Open Swim,

Monday evenings, 7:30 - 8:30 pm.

Adult Open Swim (lap swimming) -

Monday evenings, 8:30 - 9:45 pm.

Thursday evenings 8:45 - 10:00 pm

Seniors free with Gold Card, adults and children \$5, age 5 and under free. > Bring bathing suit, towel and lock. No flotation devices allowed.

**Senior Gold Card**

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events.  
(*Except State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the: Churchill Community Education Center, 707 Girard, Royal Oak. For information, please call (248) 588-5050



**Alzheimer Support**..... 4<sup>th</sup> Monday, 10 am  
Support for families and friends of those afflicted with Alzheimer's Disease.

**Aphasia Support Group**.....Thursdays, 10 am  
Support for adults with communication disorders.

**Billiards, Drop-In**..... Monday-Friday, 9 am-4:30 pm  
Pool tables - 50¢ daily use or \$3.00 monthly.

**Billiards, Pool Tournament** .....2<sup>nd</sup> Thursday, 9:00 am  
Singles tournament for those who drop in, \$3.

**Bridge, Drop-In**

.....**Rubber** \$1 - Mondays, 12:15 pm  
.....**Duplicate** \$1.25 - Wednesdays, 12:30 pm  
Drop in with partner to play bridge.

**Computer Club**..... Wednesdays, 12:30 pm  
For computer enthusiasts with some experience.

**Crochet Creations**.....Thursdays, 12:15 pm  
Join anytime to learn or refresh your skills, no charge.

**Dance - Ballroom**..... Mondays, 1 pm  
Lessons provided by instructor Bill Scheff, \$5.

**Dance – Intermediate Line** ..... Fridays, 1 pm  
Drop-in, \$2.

**Dance - Round** ..... Thursdays, 1 pm  
Lessons provided by instructor Lillian Chesney, \$ 1.50.

**Dance - Round (Beginners)** ..... Wednesdays, 2:30 pm  
Lessons provided by instructor Lillian Chesney, \$ 1.50.

**Deaf Assistance** ..... Wednesdays, 9 am  
Join for socialization.

**Euchre, Drop-In**.....Thursdays, 12:30 pm  
Drop-in for an afternoon of Euchre, \$1.

**Exercise – Aqua Zumba**..... Thurs, 8:30 am  
Zumba workout in the water at RO Middle School, pre-register, fee.

**Exercise - Chair Yoga (DVD)** ..... Mondays, 10:30 am  
Drop-in for "gentle," less strenuous exercise, no charge.

**Exercise—Chair Yoga**...Wed, 12:30 pm; Friday, 11:30 am  
Pre-register, fee.

**Exercise – Chair w/Cindy**.....Friday, 10:30 am  
Gentle but effective exercise. Pre-register, fee.

**Exercise – Gentle Yoga** Monday 9:15 am and 1:00 PM,  
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register, fee.

**Exercise – Senior Pilates**..... Monday, 10:30 am  
Body conditioning exercise. Pre-register, fee.

**Exercise - Silver Foxes**..... Mon-Tues-Wed- Fri, 9:30 am  
Low-impact aerobics to a Richard Simmons video tape, no charge.

**Exercise – Sit Down & Tone-Up** Tues/Thurs, 10:30 am  
no charge.

**Exercise - Tai Chi** ..... Thurs., 9:15 am  
Chinese exercise of moving meditation, pre-register, fee.

**Exercise—Water Aerobics** ..... Wed, 8:30 am  
Water exercises at RO Middle School, pre-register, fee.

**Exercise - Yoga** ..... Tuesday, 12:45 pm  
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register, fee.

**Exercise – Zumba Gold**..... Fri, 10:20 am  
A low-impact aerobic workout. Pre-register, fee.

**Financial/Investment Aide** ..... 3rd Thursday, 10:00am  
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

**Focus On the News**.....1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 10:30am  
Fun & lively discussion of current news happenings, free.

**Foot Doctor** .....2nd Wednesday, 9 am  
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

**Handbells** ..... Level II, Friday, 12:45 pm  
Pre-register, fee. Resumes Friday, September 9.

**Helping Hands** ..... Tuesday & Thursday, 9:30 am  
Making blankets for charity.

**Kerry Price** .....3<sup>rd</sup> Friday, 12:30 pm  
Different sing-along piano programs each month, \$2.

**Kuratomi Stretching** .....Wednesday, 10:30 am  
Japanese forms and Jomon to open the body, mind & spirit gently and naturally. Pre-register, fee.

**Legal Aid** ..... 3<sup>rd</sup> Thursday, by appt  
Atty. Kent Schultz provides free 15 minute consultations.

**Mahjongg, Drop-In**...Wednesdays, 9:30 am; Fridays 1 pm  
Experienced players may drop in and play.

**Massage Therapy** .....3<sup>rd</sup> Thursday & Friday, by apt.  
35 min/\$30 and 75 min/\$60 massage sessions.

**Monthly Matinee** ..... 2<sup>nd</sup> and 4th Friday, 12:30 pm

**Painting Classes**..... Thursday, 9:15 am  
All media and all stages of development. Pre-register, fee.

**PAL (Positive Attitude Living)** ..... Fridays, 10:30 am  
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

**Pinochle, Drop-In** .....Tuesdays, 12:30 pm  
Drop-in for pinochle, meet new friends, \$1.

**Senior Quilting**.....Tuesdays, 10 am  
Join us for a day of piecing quilt tops. No fee.


**Sit 'n' Knit**..... Tuesdays, 1 pm  
Join us for a day of knitting. No fee.

**Stipple Class** ..... Fridays, 9:15 - 11:45 am  
Create art through dots!

**Star Grabbers**..... 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10 am  
Amateur Astronomy Group. No fee.

**Welcome Newcomers!**.....1<sup>st</sup> Monday, 10:30 am

# November 2015

Monday		Tuesday		Wednesday		Thursday		Friday	
<div>2</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates <b>10:30 AM Welcome Newcomers</b> 10:30 AM Creative Coloring/Adults <b>11:30 AM Lunch &amp; Learn</b> 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</div>		<div>3</div> <div><b>ELECTION DAY</b> 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit &amp; Knit</div>		<div>4</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/bgnrs</div>		<div>5</div> <div>8:30 AM Aqua Zumba 9:15 AM Painting/All Media 9:15AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga</div>		<div>6</div> <div>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga <b>12:30 PM BINGO</b> 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/Drop-In</div>	
<div>9</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</div>		<div>10</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands <b>10:00 AM Hearing Tests/Aids - Appts</b> 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget <b>11:30 AM Lunch &amp; Learn</b> 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit &amp; Knit</div>		<div>11</div> <div><b>VETERANS' DAY</b> 8:30 AM Water Aerobics 9:00 AM Deaf Assistance <b>9:00 AM Foot Doctors/By Appt</b> 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/bgnrs</div>		<div>12</div> <div>8:30 AM Aqua Zumba <b>9:00 AM Pool Tournament</b> <b>9:15 AM Paint Class Art Show</b> 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</div>		<div>13</div> <div>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga <b>12:30 PM Monthly Matinee</b> 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</div>	
<div>16</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes <b>10:00 AM Seminar</b> 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</div>		<div>17</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Laptop Class 10:00 AM Senior Quilters 10:30 AM Sit Down &amp; Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget <b>11:30 AM Lunch &amp; Learn</b> 12:30 PM Pinochle, Drop-In 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit &amp; Knit</div>		<div>18</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/Drop-In <b>10:00 AM Helping Hands Fund Raiser -</b> <b>3:00 PM SALE!</b> 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/beginners</div>		<div>19</div> <div>8:30 AM Aqua Zumba 9:15 AM Painting/All Media <b>9:15 AM Tai Chi</b> 9:30 AM Helping Hands 10:00 AM Aphasia Support <b>10:00 AM Financial Aid/Appt.</b> 10:30 AM Sit Down &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga <b>By Appt Massage Therapy</b> <b>By Appt Legal Aid</b></div>		<div>20</div> <div>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga <b>12:30 PM Kerry Price</b> 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In  <b>By Appt Massage Therapy</b></div>	
<div>23</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimers Support 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Creative Coloring/Adults 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</div>		<div>24</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down &amp; Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit &amp; Knit</div>		<div>25</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 2:30 PM Round Dance/beginners</div>		<div>26</div> <div>27</div> <div><div>CLOSED FOR THE THANKSGIVING HOLIDAY</div></div>			
<div>30</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</div>		<div><b>November Birthstone: Topaz or Citrine</b>  <b>November Flower: Chrysanthemum</b>  <b>November Zodiac Signs:</b> <b>Scorpio Oct 24 - Nov 21</b> <b>Sagittarius Nov 22 - Dec 21</b></div>							
<div>Mahany/Meininger Senior Community Center</div>									

**HOT MEALS SERVED BY TIM'S KITCHEN**  
**ALL MEALS \$3.00**

Monday	2	Seafood Salad	
Tuesday	3	Bratwurst	
Wednesday	4	Ham & Cheese Square	
Thursday	5	Apple Butter Meatloaf	
Friday	6	Whole Grain Pasta W/ Chicken Sauce	♥ Heart Smart
Monday	9	Swiss Chicken	
Tuesday	10	BBQ Meatloaf	
Wednesday	11	Pork Chop	
Thursday	12	Chicken Pasta Bake	
Friday	13	Tuna Salad on a Bun	
Monday	16	Beef Goulash	
Tuesday	17	Sliced Ham	
Wednesday	18	Chicken Patty with Gravy	
Thursday	19	Turkey with Stuffing	
Friday	20	Pasta with Meat Sauce	
Monday	23	Veggie Chili w/Whole Grain Crackers	♥ Heart Smart
Tuesday	24	Pork Chop	
Wednesday	25	Salmon Patty w/Orange Cream Sauce	
Thursday	26	Closed for Thanksgiving	
Friday	27	Closed for Thanksgiving	
Monday	30	Pasta with Meat Sauce	

**Call (248) 246-3900, at least one day in advance to reserve a meal (call before 1 pm).**

**Lunch is served at 11:45 a.m.**

### Salter Center Book Club

**Mon, Nov 16 10-11:30 am**  
Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served.

### Drop-In Pinochle

**Wed & Fridays 12:45 pm**  
Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

### Helping Hands

**Fridays 9:30 am**  
Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

### Sit Down and Tone Up

**Mon - Wed - Fri 9:30 am**  
A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

### Yoga

**Thurs. Oct 22 - Dec 17 10:15 am**  
Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2015 No Class 11/26.**

### DROP-IN-SPORTS

#### At the Salter Center

#### Pickleball

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

#### Mondays -

11:00 am-1:00 pm or 1:00-3:00 pm  
All levels, East Gym

#### Tuesdays -

1:00 - 3:00 pm All levels, East Gym  
12:30 - 2:15 4.0 & higher, West Gym

#### Wednesdays -

11:00am-1:00pm or 1:00-3:00 pm  
All levels, East Gym  
11:00am-2:00pm  
3.5 & Higher (West Gym) **\$3**

#### Fridays -

11:00 am-1:00 pm or 1:00-3:00 pm  
All levels, East Gym  
5:00-7:15 pm Open to ages 19 & Up, East Gym  
12:30-2:00pm 3.5 & Higher mixer, West Gym

#### Bounce Volleyball

#### Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

### Tai Chi Chuan

#### Standing/Chen Style Laojia Yuile

#### Tues, Sept 8 - Dec 17 10:00am

Instruction Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. Must take Silk Reeling before Chen Style. **\$60/10 wks. No class 11/3**

### Stretch & Strength Training

(40+ cardio weights & strengthening)  
**11 am - Noon**

**Fall 1 Mon, Nov 2 - Dec 7**

**Weds, Nov 4 - Dec 9**

**Fri, Nov 6 - Dec 11**

Improve your strength, stamina and flexibility. Exercises are adaptable to your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. **Jo Schirtzinger** of Leisure Un-limited, has instructed this class since 1996. *No class 11/11 or 11/27*

**\$26/6 wks** for 1 day; **SA2016**

**\$46/6 wks** for 2 day; **SA2017**

**\$64/6 wks** for 3 day; **SA2018**

**\$5** drop-in fee

### Balance Training (50+)

**Fri Nov 6 - Dec 18 12:30pm**

This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, of Leisure Unlimited, has been fitness teaching since 1994.

**\$24/6 wks SA2006 No Class 11/27**

### Let's Walk!

**Monday-Friday 8:30 - 11:00 am**

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join **Let's Walk!** and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

### Notable Folks ...


**CONGRATULATIONS,**  
to the following walkers!

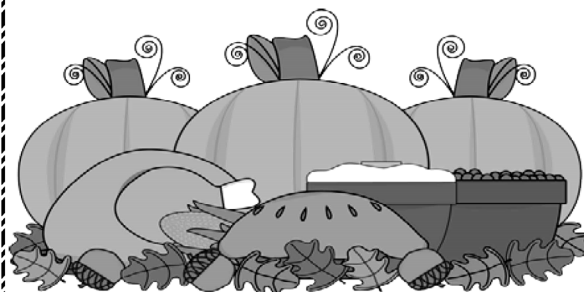
Erma Crabtree	100
Ann Schoss	1,900
Bob Thom	3,000

**NEW WALKERS WELCOME!**



## November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength</div> <div><u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>3</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div><u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</div>	<div>4</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>5</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>6</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down &amp; Tone Up 11:00 AM Strength &amp; Stretch 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>
<div>9</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength</div> <div><u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>10</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div><u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</div>	<div>11</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>12</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>13</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>
<div>16</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength</div> <div><u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>17</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div><u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</div>	<div>18</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>19</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>20</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>
<div>23</div> <div>8:30 AM Let's Walk 9:00 AM Book Club 9:30 AM Sit Down &amp; Tone Up 10:00 AM Book Club 11:00 AM Stretch &amp; Strength</div> <div><u>Drop-In Pickleball</u> 11:00 AM All Levels (E.Gym) 1:00 PM All Levels (E.Gym)</div>	<div>24</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div><u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</div>	<div>25</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</div> <div><u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>The center will be closed for the Thanksgiving Holiday</div> <div></div>	
<div>30</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down &amp; Tone Up</div> <div><u>Drop-In Pickleball</u> 11:00 AM All Levels (E.Gym) 1:00 PM All Levels (E. Gym)</div>	<div>"In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, can pull everyone from bed in a fog. Food is better in November than any other time of the year."</div> <div>Cynthia Rylant, <i>In November</i></div>			
Jack & Patti Salter Senior Community Center				



**\*\*\* DAY TRIPS \*\*\***  
(continued)

**Oakland County Parks Holiday Light Tour**      **Wednesday, December 2, 2015**      **5:30 - 9:00 pm**  
Enjoy holiday light displays throughout Oakland County, including a drive through downtown Rochester and a stop at Waterford Oaks County Park for hot chocolate, cookies and holiday carols sung by local scout troops. Cost includes transportation via O C Parks bus, snack.      **\$15 T1015F**

**Brenda Lee at Soaring Eagle Casino**      **Monday, December 7, 2015**      **7:15 am - 9:45 pm**  
The most charted hits of any woman in the 1960's has continued to record and perform all around the world. Brenda Lee is a member of the Rock & Roll Hall of Fame, the Country Music Hall of Fame and the Rockabilly Hall of Fame. Come along and join us in welcoming her back for another GREAT Christmas show! Cost includes transportation via motor coach, performance \$10 Premium Play & \$5 Food Coupon.      **\$54 T1019F**

**Men are from Mars/Women are from Venus**      **Sunday, January 31, 2016**      **1:00 - 5:45pm**  
At the City Theatre inside Hockeytown Café, Detroit. Based on the New York Times #1 best-selling book of the last decade, the play moves swiftly through a series of vignettes and covers everything from dating and marriage to the bedroom. This hysterical show is sexy and fast paced, and is definitely for adults, but will leave audiences laughing and giggling like kids! Dinner at Pasquale's in Royal Oak after the play. Cost includes transportation to City Theatre and Performance, dinner is on your own.      **\$40 T1034F**

**Calendar Girls at Meadowbrook Theater**      **Wednesday, March 23, 2016**      **10:30 am - 5:00 pm**  
We'll start with a scrumptious meal at Mitchell's Fish Market: your choice of Fish Sandwich, Shrimp or Fish Tacos, Parmesan Chicken Salad or Broiled Cod. Then it's off to the play! It's the true story of friends who pose nude for a calendar to raise funds for the Leukemia Research Fund. Beautiful, poignant. Cost includes transportation via Senior Bus, lunch and performance.      **\$57 T1008W**

**Future Dates for Day Trip Fun!!! Mark your calendars!**

Monday	Thursday	Monday
<b>March 14, 2016</b>	<b>April 28, 2016</b>	<b>May 9, 2016</b>
Soaring Eagle Casino "Women of Ireland"	Zehnder's "Ragtime Festival"	Soaring Eagle "Chubby Checker"

**JUST A REMINDER!** If you are traveling with us:

- Arrive 15 - 30 min. ahead.
- CHECK-IN with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

*All trip dates, descriptions and prices are subject to change.*